

105.1 FM

Country hits

Monday-Friday from 9-11 a.m.
and Sunday from 11 a.m. to 3 p.m.

News Briefs

Correction

In the Eifel Times March 28 article, “Spangdahlem FSC Reaches Out With Day for Deployed Families,” Ms. Jane Allen’s official duty title should have read, “FSC family and work life consultant.”

Commander’s Message: IEA update

By Col. Stephen Mueller
52nd Fighter Wing commander

You can be proud of the recognition you received in being one of three bases named as the best in the Air Force. This distinction makes you a winner and I’m proud of each of you for your dedication, hard work and desire to keep Team Eifel Ready.

However, we were not selected as the final winner in the 2003 Commander-in-Chief Installation Excellence award.

I’m pleased with your dedication and the amount of work you devoted during a heightened deployment schedule to show how your wing is the best. This effort can be compared to competing in the Olympics, and by being named in the top three you are a winner. This demonstrated your commitment to excellence.

This distinction has been rewarded with \$500,000 to improve quality of life. Our plan is to use the funds quickly. This will enable you to see the results while you’re here on tour. Many ideas have been presented and the final plans will be shared with you in the upcoming weeks.

Team Eifel, thank you for your dedication and effort to make the 52nd Fighter Wing the best place to work and live. You can be proud of your accomplishments.

Anti-war demonstrations

The following protest demonstrations are slated to occur within the U.S. European Command during the next few weeks:

- Royal Air Force Fairford, England -- Each Saturday
- Stuttgart, Germany -- Each Saturday
- England -- Saturday, Sunday and April 11-13
- Souda Bay, Crete -- Saturday
- Volkel Air Base, Netherlands -- Saturday and Sunday
- Piano, Italy (Roveredo) -- Saturday at 2 p.m.
- Royal Air Force Lakenheath, England -- First Wednesday monthly from 5-6 p.m.
- Worms, Germany -- Each Wednesday
- Koblenz, Worms, Kaiserslautern, Bitburg, Neuwind and Speyer, Germany -- Each Wednesday and Friday
- Vicenza, Italy -- Each Thursday

Officials remind all American forces members and their families to be aware of their surroundings, travel in small groups and vary their movements.

Well suited

Spangdahlem Air Base’s only female firefighter shares what sparked her interest in fire rescue and prevention.

Read “A Fire Inside: The Drive Behind Spang’s Sole Female Firefighter,” on Page 4

Eifel Times

Vol. 37, Issue 13

Spangdahlem Air Base, Germany

April 4, 2003

On target

Senior Airman Charles Lawrence, 52nd Aircraft Maintenance Squadron weapons load crew member, checks the fins on a missile before the F-16CJ’s sortie from Spangdahlem Air Base March 28.

Staff Sgt. Karen Z. Silcott

Self-aid buddy care training helps rescuers save lives

By 2nd Lt. Gerardo Gonzalez
52nd Fighter Wing Public Affairs Office

A light February drizzle on a curvy German road turned a routine morning drive to work into a near-fatal collision that prompted two Spangdahlem Air Base airmen into life-saving action.

Capt. Russ Callaway, 52nd Mission Support Squadron chief of customer support, and Tech. Sgt. James Jellison, 81st Fighter Squadron aircrew life support craftsman, used their self-aid and buddy care skills to help two critically-injured drivers who collided on a slippery road.

“They’re probably both alive today because of Capt. Callaway and Tech. Sgt. Jellison,” said Col. Stephen Mueller, 52nd Fighter Wing commander, about the German national and Spangdahlem Air Base staff sergeant who survived the two-car crash. “Their ability to initially stabilize the situation is probably what kept those individuals alive.”

The accident happened on local road L-46 when the staff sergeant’s car hit slippery pavement and slid out of control onto oncoming traffic, colliding with the German’s car.

The captain was first on the scene and quickly focused on the most critically injured of the two, the staff sergeant who had been ejected from his car.

“Training just kicked in,” Capt. Callaway said. “The German driver was unconscious but I monitored his breathing and he was fine.”

Fearing the trapped driver would go into shock if he awoke, the captain directed another motorist to monitor the

German and be ready to calm him if he came to. In the meantime, he, Tech. Sgt. Jellison and others focused their efforts on the critically injured staff sergeant.

As Tech. Sgt. Jellison reacted to the situation he, too, reverted to SABC training.

“I just remember thinking ‘help, stop the bleeding, treat for shock,’” said Tech. Sgt. Jellison.

That’s the way it’s supposed to be, said Tech. Sgt. Eric Nollmann, 52nd Fighter Wing SABC instructor.

“You teach things to be instinctive,” the instructor said.

Much of SABC training is repetitive so when people are faced with a situation requiring those skills they can react in the manner that they were trained, Tech. Sgt. Nollmann said.

“His head was bleeding really badly,” said the captain.

Initial attempts to patch the

wound with gauze were unsuccessful, but after a collective team effort and the use of more material, the bleeding was finally under control, Capt. Callaway said.

After the bleeding stopped, the noncommissioned officer started regaining consciousness, the captain said.

“My main concern then was keeping him calm and keeping him immobilized,” Capt. Callaway said. “Everything we’ve heard from self-aid buddy care is ‘don’t move them.’

“Once he started to come around, he was really in a state

See Rescue, Page 2

Accidents

By Iain H. Lotan
52nd Security Forces Squadron
Reports and Analysis

Twenty Team Eifel members experienced vehicle accidents in the past week, four of which were classified as major.

The first major accident occurred while traveling on the farming road between Spangdahlem and Dudeldorf. An airman said he lost control of his vehicle while driving around a curve and hit a tree. The vehicle sustained disabling damage and was towed from the scene.

The second major accident occurred while traveling through the town of Bitburg. An airman said that while he was waiting to make a right turn, a vehicle turning left hit his vehicle. The vehicle sustained major damage.

The third major accident occurred while traveling west on B-50 near Albachmule. An airman said that he was traveling about 50-60 kilometers per hour when his vehicle skidded into the guardrail. Civilian medical personnel responded to the scene to treat one of the passengers for minor head injuries. The passenger was transported to a local hospital for treatment. The vehicle sustained disabling damage and was towed from the scene.

The fourth major accident occurred while traveling on B-50 area a Dudeldorf exit. Initial reports state that while the driver was following a curve, he hit his brakes, causing the vehicle to go into a ditch, striking the embankment. The airman was transported to a local hospital for treatment. The vehicle sustained disabling damage and was towed from the scene.

The 16 minor accidents include:

- Three from inattentive driving.
- Four from backing.
- Seven for speeds too fast for conditions.
- One driver fled the scene.
- Two for failure to yield.
- Three were the fault of the other driver.

In addition, 10 citations were issued.

DUI prevention

Airmen Against Drunk Driving seeks volunteer driving teams and dispatchers. The organization provides free rides home for people who drove a vehicle to a location where they planned to drink, but their designated driver plan doesn't work out.

AADD operates Friday, Saturday and Sunday. E-mail aadd@spangdahlem.af.mil to volunteer or for more information.

Road closure

Construction of a traffic circle at the Perimeter Road and Arnold Boulevard intersection, which began in January, continues. As the project progresses into Phase II on Monday, Arnold Boulevard closes to traffic from the intersection near the Military Clothing store to Smith Avenue. The road is scheduled to remain closed to traffic for sewer line repair through October. During Phase I, which is scheduled to continue through July, traffic continues to run one-way on Arnold Boulevard from Riley Avenue to the base exchange parking lot. The entire project takes place in three phases and is estimated to cost \$350,000. Drivers are encouraged to use caution when driving near the construction site and to obey the temporarily implemented speed limits and detour signs.

Graphic by Staff Sgt. Robert Filbert

401st AEW post office makes its stamp on morale

First class Navy/Air Force efforts ensure mail delivery is top priority

By Capt. Shane Balken
401st Air Expeditionary Wing Public Affairs Office

OPERATION ENDURING FREEDOM — Through rain, snow, sleet or hail the U.S. Postal Service always delivers. But where does the mail go when there is no post office or zip code to be sent to? Members of the 401st Air Expeditionary Wing have been making certain no 'return to sender' stamps have been used here as the temporary post office brings permanent smiles and comfort from back home.

APO AE 09805 has been an important priority for keeping airmen's spirits and morale high and as Master Sgt. Steve Ross, 401st AEW first sergeant, said, "the simplest of contacts between someone deployed and friends and family back home are the most vital to morale." Ross was responsible for helping with the initial construction efforts of the post office by acquiring all of the tools and equipment to build the facilities.

Navy Seabee reservists from Washington State, Petty Officer 2nd Class Bob Siler, and Petty Officers 3rd Class Charles Woodard and Bill Turner, were already deployed to the 401st AEW supporting the global war on terrorism when they were approached by Staff Sgt. Joey Lang, 401st AEW postmaster, about using their skills for another important project.

"They built the post office equipment on their day off and did an outstanding job," Lang said. "I originally went out and acquired a bid from a civilian contractor who wanted more than \$2,800 to build the equipment. I asked three of the Navy Seabees if they could help build the equipment. One afternoon's work followed by some pizza and drinks cost \$15. Their work is far better than we could have ever hoped for off of the economy."

Lang is deployed from Spangdahlem Air Base and has been here for more than a month setting up the initial infrastructure and mail routes from Naval Air Station Sigonella, Sicily, from where the mail is shipped. Lang, along with support from the



Master Sgt. Mark Bucher

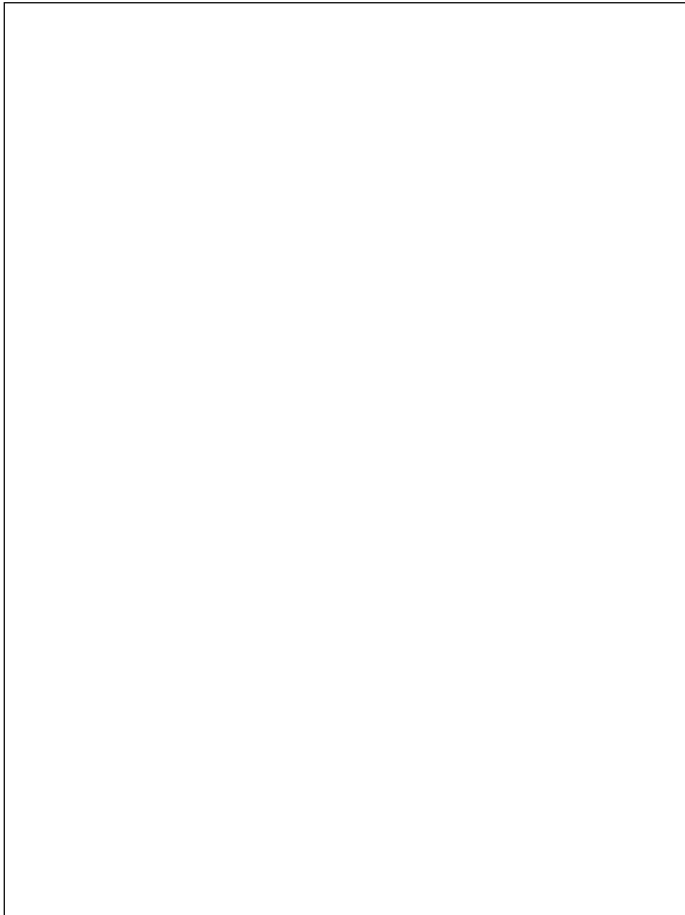
Petty Officer 2nd Class Bob Siler (left) and Petty Officer 3rd Class Bill Turner take measurements of what is soon to be a workbench for postal operations at the 401st Air Expeditionary Wing. The Navy Seabees are reservists from Washington.

U.S. Air Forces in Europe Air Postal Squadron, worked hard to coordinate and establish a post office from the bottom up and is now seeing the pay off from his efforts.

"I like to say we impact people versus the mission," Lang said. "It's great to see on a daily basis how the mail can impact people's attitudes from bad to good."

Airman 1st Class Will Hyche, 401st AEW postal specialist, is deployed from Little Rock AFB, Ark. and assists Lang with postal operations. "This is my first deployment and my first time overseas. I have had some experience working in the base information transfer system office but not with a post office. It's been a good way to meet people and a great learning experience," he said.

As important as the behind-the-scenes work is, it's transparent to deployed military members who have been away from home



Staff Sgt. Lisa Lumives

Staff Sgt. Joey Lang, 401st Air Expeditionary Wing postmaster, front, and Airman 1st Class Will Hyche, 401st AEW postal specialist, sort mail into boxes at the deployed post office.

for several weeks. Airman First Class Melissa Kelly has been deployed for almost one month from Grand Forks AFB, N.D. and has received three boxes from her grandmother, friend and fiancé. "The days can be pretty long here and every time I receive something from home, it lifts me up and keeps me focused," she said.

Rescue

Continued from Page 1

of shock, bewilderment and fear. He kept trying to reach for his head."

"The more you go into shock, the greater the chances of not being able to recover from the wound," Tech. Sgt. Nollmann said.

Capt. Callaway averted shock by making

the victim comfortable and reassuring him that he would survive his injuries.

"A couple of minutes later, the ambulance showed up," Capt. Callaway said. "I knew he was going to be okay."

"It was amazing because I was calm through the whole situation," the captain said.

He credits SABC training for helping him handle the crisis.

"A lot of people in the Air Force look at it as just another appointment that they have to go to," Tech. Sgt. Nollmann said about SABC training. "Until they actually have to use the material."

"It's a necessity," he added. "It's inval-

able. It's one of the training (courses) that everyone can thank God they're getting."

"I'm glad that I could help," Tech. Sgt. Jellison said. "I hope if it ever happens to me, there will be somebody there to help."

For more information about Self-Aid Buddy Care Training, call Tech. Sgt. Nollman at 452-7806.

Eifel Salutes

52nd Operations Group

Rest assured **Airmen 1st Class Ricky Cason** and **Krystal Russel** moved mountains — as well as pallets and cargo in the quality assurance processing line during deployment preparations. We couldn't "weight" to thank them for taking on additional duties! **1st Lt. Corinne Gilliam** isn't gun shy about taking her best shot to provide intelligence support.

52nd Mission Support Group

Yo, yo! **Ms. Kirstin Jamison** did a yeoman's job in creating an enlisted and officer's performance rating and decoration writing guide. Her bright ideas enlightened writers in the communications squadron.

52nd Medical Group

Driven was **Staff Sgt. Karen Harr** who offered a ride back home to an ill and sedated patient treated in the emergency room. **Senior Airmen Jason Weiss** and **Danna Hager** win the "Bringing Up Baby" ward award for their excellent efforts to improve the physical environment in the obstetrics ward. The HAWC staff's professionalism is quite a feather in their cap! At least five members of the **health and wellness center** offered assistance to a wing member in need of tests for a flight physical. The **medical logisticians** are living in a materiel world! A big thanks

to the medical logisticians, especially those at the **war reserve materiel warehouse in Zemmer**, for ensuring the medics serving in Operation Iraqi Freedom are equipped to take care of our troops. A **combat medic** salute to the five-member team that built nearly 1,000 anti-malaria and biological and chemical weapons kits on short notice to prepare deploying Team Eifel warriors. The dental clinic's own **Frau Sandra Knoetgen**

"bridged" the gap to meet office needs by staying late on a long day, allowing her co-workers to get to the daycare center before it closed.

52nd Maintenance Group

Tech. Sgt. Joseph Dohmann worked his mojo to be selected as the mission support flight outstanding contributor of the year. In addition to being the Belgian/American friendship day organizer for Kleine Brogel Air Base, he performs with the local base band "Mojo and the Mad Men." **Maj. Brian Fox** is the operations officer at Kleine Brogel and oversees nuclear surety training to the supporting host nation. He also works with Belgian air force security members and aircraft maintainers.

Kudos to all, Team Eifel salutes you!

(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)

Staff Sgt. Jennifer Ginn, 752nd Munitions Support Squadron Network Control Center NCOIC, is this week's Top Saber Performer.

1st Lt. Shawn Kitchin

Top Saber Performer

Name: Staff Sgt. Jennifer Ginn
Unit: 752nd Munitions Support Squadron
Duty title: Network control center NCOIC
Hometown: Safford, Ariz.
Years in Service: 11

Nominee's contributions to 52nd Fighter Wing mission success: Staff Sgt. Ginn supervises a five-person work center, which provides network support for 160 computer users. In addition, she serves as the alternate communications security manager for Volkel Air Base, the Netherlands, COMSEC account and manages the unit's two-person control team. Her significant contributions garnered the Volkel AB TPC team the coveted 2002 U.S. Air Forces in Europe Award of Excellence, said her supervisor, Master Sgt. Ken Christenberry.

Off-duty volunteerism and professional development pursuits: The NCO serves as vice-president of the Volkel AB Top 4 association. She also organizes volunteers to serve a weekly hot lunch at the local elementary school. Additionally, she has organized the opportunity for families to have their portrait taken at unit functions.

What do you do for fun? I like horseback riding, traveling, and spending time with my family, said Staff Sgt. Ginn. I recently spent a week in England, visiting London, Wales and Stonehenge.

What do you like most about being stationed here? I enjoy being in the middle of Europe with so many sights to see and experience.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? At Volkel AB, I would like to see a good child care plan put into effect. We don't have a child development center and it can sometimes be difficult finding a childcare provider.

Civil engineers volunteer skills to brighten local students' lives

By Airman 1st Class Julie Hendershot
52nd Civil Engineering Squadron
public affairs representative

Quality of life is something Air Force members value. On a late Saturday morning in March, a group of 23 civil engineers discovered a way to enjoy their own by improving that of others.

Airmen of all ranks from the 52nd Civil Engineering Squadron became one as they contributed their time working at the St. Martin's School for the mentally and physically handicapped in Bitburg. In a display of the unit's motto "can do, will do, have done," the individuals pulled together as a team and focused on the job ahead of them.

"This wasn't about an EPR bullet," said Master Sgt. Lindsay Montgomery, 52nd CES Heating, Ventilation and Air Conditioning shop NCOIC. "This was about making a difference."

The difference the group made included painting the school's cafeteria yellow to brighten the mood of the previously dreary

gray room. They also made lighting improvements to the facility and renovated an additional room using materials donated by the 52nd CES Top 4 organization and unit advisory council.

More than 150 students and faculty members of St. Martin's School found their lives brightened by a group of volunteers willing to give their time.

Teamwork was the way to get the work done and that was the mindset that morning. The efforts of the volunteers helped promote German-American relations.

"School administrators were very pleased with the results," Master Sgt. Montgomery said. "They sent a special thank you letter inviting all participants back for a special lunch with the children."

At the end of the day, no one asked for special recognition, awards or trophies. Increasing comfort and happiness for the children and faculty in the school was the most important part.

"It is truly more blessed to give than receive," Master Sgt. Montgomery said.

Members of the 752nd Munitions Support Squadron Communications Maintenance Team make up this week's Top Saber Team.

1st Lt. Shawn Kitchin

Top Saber Team

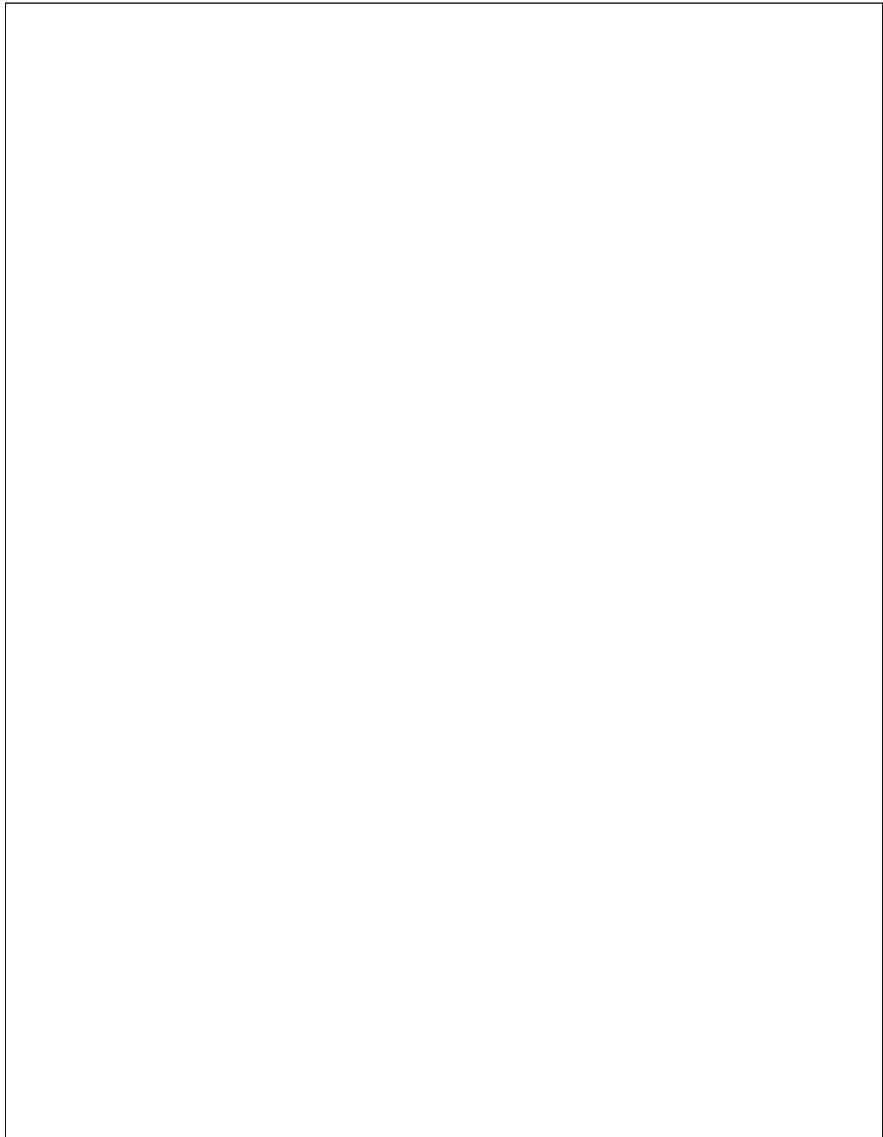
Unit name: 752nd Munitions Support Squadron Communications Maintenance Team

Unit responsibilities: The team coordinates squadron communication maintenance actions for U.S. Air Force activities at Volkel Air Base with the 1st Fighter Wing, Royal Netherlands Air Force (RNAF). The team ensures around-the-clock communications capability to guarantee emergency action message connectivity with U.S. Air Forces in Europe and U.S. European Command by installing and maintaining four critical (C2) command and communications systems. Flight members also provide maintenance support for base security systems, including the weapons storage and security system and the joint services interior intrusion detection system. In addition, the unit ensures 100 percent reliability for 90 phone lines, nine defense-switched network circuits, four public address systems, and provides Armed Forces Network and cable systems support.

Number of members: Seven

Team's latest contributions to 52nd Fighter Wing mission: The team responded to restore damaged critical C2 systems in response to vandalism by anti-war protestors. It's members had full capabilities restored within three hours and all impaired systems operational within 54 hours.

Team's other contributions throughout the year: Team members worked side-by-side with Dutch host communications personnel to develop a binational deployable secure communications system for use in aircraft crash recovery contingency operations. The team also coordinated with U.S. Army and RNLAf technicians to increase Volkel AB's DSN capabilities by 80 percent. In addition, team members installed audiovisual event monitoring systems in both the unit's conference room and command post to augment the unit's situational awareness. Team volunteers also guarded facilities during anti-war protests and apprehended two protestors who illegally entered the installation.



Above, Senior Airman Tara Buckley, 52nd Civil Engineer Squadron firefighter, slides down a brass pole from the third floor sleeping area for quick access to the ground floor apparatus bay. These poles are no longer widely used and are only active at a few European bases. Left, Senior Airman Buckley performs a bunker drill at the base fire station. Firefighters wear several layers of protective gear, including a gas mask and a compressed air tank. Another component of the equipment is a small illuminating indicator that beeps loudly to signal a trapped or injured firefighter.

A fire inside: The drive behind Spang's sole female firefighter

Story and photos Airman 1st Class
Amaani Lyle
52nd Fighter Wing Public Affairs Office

By the time firefighters had arrived to put out the blaze in a wooded area of Moses Lake near Spokane, Washington, a teenage girl fueled by grit and adrenaline had already rushed to the scene with a shovel and water buckets to contain the fire.

Years later, Senior Airman Tara Buckley, 52nd Civil Engineer Squadron firefighter, thinks back to that time when a young acquaintance was burning ants with a lighter and accidentally started the blaze near her hometown. The incident inspired her to join the Air Force, she recalled.

"Putting out that fire was the biggest rush I had ever experienced," Senior Airman Buckley said. "I just really felt that it was my calling."

Her natural capability and commitment complement a dismissal of the many stereotypes associated with females in such physically demanding occupations. She describes her male counterparts as "25 big brothers" who feel the need to be far more protective of her when it comes to dating than the potential peril of fire and rescue. With Senior Airman Buckley's apparent mastery of fire and rescue equipment and her speed and agility in drills, it's no wonder she's gained the respect of the brass.

"Of my 28 years in the Air Force, I've only worked with 14 female firefighters, and (Senior Airman Buckley) is in the top ten percent of

them," said Chief Master Sgt. George J. Chambers III, 52nd CES fire chief. "I'm sure there are many other women who have the desire to do this, but it takes a special kind of person — man or woman — to have the heart to follow through."

Heart and drive seem to be necessities long before a firefighter gets to her first fire or accident scene. Bunker drill training sessions are

intense and conducted periodically to keep airmen alert, nimble and able to accurately perform on a moment's notice. That means whether awake or even from a sound sleep, firefighters on duty need to be out of bed, down a pole to the garage where they don about 50 pounds of protective gear,

-- Chief Master Sgt.
George J. Chambers III,
52nd CES fire chief

then aboard the truck -- all in about 90 seconds. Consider the enduring myth of women taking forever to get ready officially dispelled.

Having an occupation that calls for such continual alertness brings up the question of what goes on between emergencies. Senior Airman Buckley said her mornings start with a "formation" in which the shift workers gather at attention to hear the day's briefing. The garage floor is then fastidiously swept and mopped, and other details throughout the station are completed until various training and classes begin. Once 4:30 p.m. rolls around, the shift workers are considered on "down time" status. Airmen also stay occupied by using the built-in gymnasium, studying their career development courses, watching television, virtually anything within reason, as long as they



Senior Airman Buckley controls the pressure on a fire pump panel water tanker at the base firehouse as a fellow firefighter opens a valve. The panel gauges indicate the water pressure. Firefighters also use foam to contain fires.

remain at the fire station for their full 24-hour shift.

Perhaps the intimacy of "living at work" is what could make a person reluctant to pursue a career in firefighting, explained Master Sgt. Mark Klemcke, 52nd CES deputy fire chief.

"A lot of people don't like the idea of working 24 hours," he said. The master sergeant described the station house of 70 military members and 33 civilians as "a family" who must sometime take the place of those at home, since the living conditions require co-habitation on alternating days each week.

"You have to see what this person looks like first thing in the morning, how they brush their teeth and how they look after a hard day," Master Sgt. Klemcke said. "It's really being witness to the total aspect of an individual," he said.

Reduced time with family, not an assumed inability to perform the job, is what the deputy chief surmises may keep more women from pursuing a career in firefighting.

Since Senior Airman Buckley's family remains in Washington, she spends her free time being of service to the community and pursuing her devotion to spirituality through involvement with Military Community Youth Ministries, a program in which she's a volunteer leader. She also allots time for coaching high school soccer and tennis. As for inspiration, she simply states, "God is my inspiration. With faith and the support of friends and family, I think it's possible to do anything you put your mind to."

It seems Senior Airman Buckley puts her mind to plenty, proving she's the little fire engine that could — and does each day.

Community Mailbox

Block party

The Spangdahlem Air Base Teen Fun Run, Walk and Roll block party takes place April 19 from 10 a.m. to 1 p.m. at Bitburg Middle School. The planning committee seeks individuals, clubs and organizations to perform and set up booths. Call Karen Bradley at 06565-616697 for more information.

Alcoholics Anonymous

Meetings take place each Tuesday, Friday and Sunday at 7:30 p.m. in Bitburg Annex, building 2015.

Community Bank hours

Both branches of Community Bank are open shortened hours April 29, due to an official function. The Bitburg Annex branch is open from 10 a.m. to noon. The Spangdahlem AB branch is open 9:30 a.m. to 12:30 p.m.

Defense Commissary Agency news

■Eifel-region commissaries have changed their hours. The Bitburg Annex store is open Tuesday through Sunday from 10 a.m. to 7 p.m. The Spangdahlem AB store is open Monday through Friday from 10 a.m. to 7 p.m., Saturday from 10 a.m. to 6 p.m. and Sunday from 10 a.m. to 4 p.m.

■The DeCA Web site at www.commissaries.com offers commissary sales updates, online coupons, food facts, new product information and recipes.

AAFES news

The Army, Air Force Exchange Service Web site at www.aafes.com offers employment information, sales updates and promotional activities. "Gifts from the Homefront" offers people the opportunity to send AAFES gift certificates to deployed members.

CAC news

The following events take place in the base community activity center ballroom. Call 452-7381 for more information.

■Local area network gaming party, April 12 from 9 a.m. to 9 p.m. Participants should bring a computer and headphones.

■"Magic: The Gathering" tournament, April 13 from noon to 6 p.m. Cost of \$25 includes a starter box of cards, expansion set and booster packs.

School news

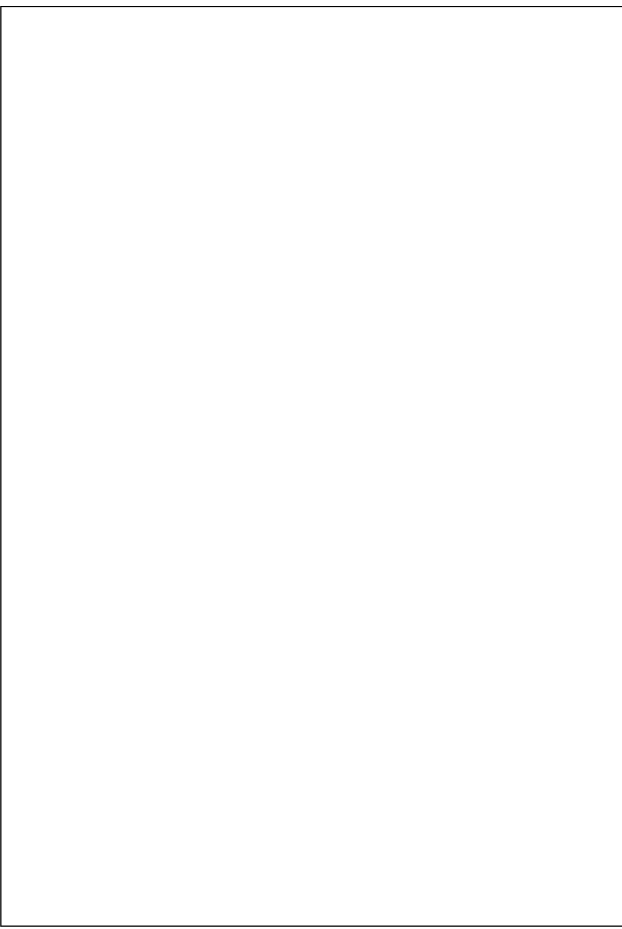
Bitburg elementary

■The BES Parent, Teacher Association seeks volunteers to help with a book fair April 21. Call Linn Kroloff at 452-9215 for more information.

Bitburg high

■Student registration takes place April 14-18 from 1-3:30 p.m. for the next school year. Sponsors should receive student registration packages by mail in early April. Parents must return completed packages to the student affairs office with shot records for registration. Call the BHS SAO at 452-9202 or 452-9337 for more information.

■College day takes place April 23 from 1:30-3:30 p.m. in the BHS cafeteria. More than 20 college representatives are



Airman 1st Class Amaani Lyle

Easy Rider

Master Sgt. Russell Carnahan, 52nd Mission Support Squadron first sergeant, poses before taking a spin on his motorcycle. AFI 91-207 outlines mandatory motorcycle safety steps. Riders must wear impact resistant goggles or a full face shield on their helmets. Helmets must be properly worn and fastened. Other mandatory items include a brightly colored or contrasting outer upper garment during the day and a reflective outer upper garment at night. Riders must also wear long sleeve shirts or jackets, full-fingered motorcycle gloves, long trousers and sturdy footwear.

scheduled to share information.

■Bitburg elementary, middle and high schools seek volunteers to help in various capacities. E-mail Mandy Lovett, BES, at MnFlovet@yahoo.com; call BMS at 452-7110; or call BHS at 452-9202 for more information.

Library news

The following events take in the Spangdahlem AB library. Call for 452-6203 for details.

■Family reading day, Sunday at 2 p.m.

■Writing workshop, Sunday from 1-4 p.m. and Wednesday from 5-8 p.m. Published author Monique Lamont offers guidance on how to overcome writer's block and get published.

■Library tour, Thursday at 10 a.m. and 6 p.m.

■Reading for youth in grades 1-5, April 11 at 3 p.m. Call 452-9056 for more information.

Education services center news

The 52nd Mission Support Squadron Education Services Center is located in Spangdahlem AB building 192. Call 452-6063 for more information.

■U.S. Air Forces in Europe members who converted from Veteran's Education Assistance Program to the Montgomery G.I. Bill during the last conversion period must pay \$2,700

within 18 months of the day of *signing* Defense Department Form 2366 to enroll. For people who converted from VEAP to MGIB on Oct. 31, 2001, the payment deadline is April 30. Call Wesley Flannigan at 452-6063 for details.

■The following paper-based CLEP tests will no longer be available as of June 30: 04910, humanities; 04928, humanities; 26107, general chemistry; 75027, college-level German; 18074, general biology; 65048, Western civilization I and 66052, Western civilization II. People needing these tests can call the center to register before the subjects close out.

■The University of Oklahoma offers an adult learner master's level course May 13-18. Enrollment deadline is April 18.

Family support news

The following workshops take place in Spangdahlem AB building 307. Call 452-9491 or 452-6422 for details.

■Preseparation consultation, Monday and April 14 at 9 a.m.

■Predeployment briefing for active-duty and family members, Tuesday at 1 p.m.

The following workshops take place in Bitburg Annex building 2001. Call 452-9491 or 452-6422 for details.

■Creative critters preschool playgroup, Monday and April 14 at 10 a.m.

■Deployed movie night, Tuesday at 6 p.m.

Staying fit

The 52nd Aerospace Medicine Squadron Health and Wellness Center offers the following classes in Spangdahlem AB building 130, unless otherwise noted. Call 452-9355 for details.

■Healthy cooking demonstration, April 16 from 11 a.m. to 1 p.m. April's topic is cooking on an electric grill.

■Jump Start, Tuesday and April 22 from 9-11 a.m. This workshop focuses on nutrition and fitness.

Veterinary news

The veterinary treatment facility provides vaccinations and health certificates for permanent changes of station and other routine pet care. Appointments are available each Tuesday, Wednesday and Friday from 9-11 a.m. and 2-4:30 p.m. Call 452-9388 for details.

Fraud alert

Each of the three major credit bureaus offers a fraud alert, in which the account holder is notified before any additions or changes are made to existing accounts. A free credit report is provided with fraud alert request. Visit credit bureau Web sites at www.transunion.com, www.equifax.com or www.experian.com for details.

EDIS news

Infant and toddler developmental screenings take place the first, third and fifth Monday monthly from 9-11 a.m. in the EDIS clinic at Spangdahlem AB, building 161. EDIS also offers screenings each second and fourth Monday in the Bitburg Annex Chapel. Call 452-8238 for details.

Playgroups

A preschool playgroup meets each Tuesday from 9:30 to 11:30 a.m. in Spangdahlem AB military family housing building 409-C. A playgroup meets in the Bitburg Annex temporary lodging facility, building 2. Playgroups offer parents the opportunity to build a support network. Call Ms. Michele Linnen at 452-8279 for details.

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.
af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.
■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Sortie
Scoreboard

Unit	Goal	Flown
22FS	62	116
23FS	135	68
81FS	117	91

Sorties flown
March 24-30

(Courtesy of the 52nd Maintenance
Squadron Plans and Scheduling Section)

Viewpoint

April 4, 2003

Page 6

Command commendation

USAFE CC lauds recent teamwork

By Gen. Gregory S. Martin
U.S. Air Forces in Europe commander

RAMSTEIN AIR BASE, Germany — As we continue with our mission of disarming Iraq and liberating the Iraqi people from Saddam Hussein’s oppressive regime, I want to commend the outstanding work that each and every U.S. Air Forces in Europe member has done day-in and day-out at an absolutely amazing level.

Whether you’re an F-16 fighter pilot from Spangdahlem Air Base, Germany, flying your jet deep into the heart of enemy airspace; a security forces specialist at Royal Air Force Fairford, England, standing vigilant through the darkest night; or an information specialist at a forward deployed location, ensuring vital documents get to the right place at the right time — each and every one of you are contributing greatly to this campaign.

“Our active role in the prosecution of this war brings long work-hours and time away from our families. I understand and appreciate the sacrifices you and your family have made and continue to make to a most demanding mission.”

From the beginning stages of the current action, U.S. military forces, along side our coalition allies, have demonstrated strength, resolve, great professionalism and restraint. These attributes, and the ‘muscle’ our Air Force brings to the current fight, are made stronger by your commitment and the capabilities each of you provide our team.

Deployment notes

Just because you’re still here, doesn’t mean you can let the crackers in your bag go stale

By Capt. Lori E. Kabel
52nd Civil Engineer Squadron
Readiness Flight commander

Aren’t we always “ready” for war? I think we can all say that three months ago we were all running around crazily getting ready. Sure, we could have still accomplished our mission, but we needed to update our Wills, get our annual and new vaccinations, training requirements changed, develop continuity books and get our home chores and family matters squared away. It was rough but we were ready. The one thing we didn’t plan for was to wait, and wait and wait.

Many of us are still here, trying not to be anxious to deploy and trying to get on with our “normal” lives. Although many of us have already been called on to deploy, those who are still behind “waiting” still need to anticipate being called on. Maybe it’ll be today, but most likely tomorrow. We need to ensure that we remain ready and that we don’t lose all the work and effort we put into the wing, our families and ourselves three months ago. We will go, within time, but let’s remain ready so we can do it with less stress than in January.

A little readiness refresher will go a long way. Here are some hints to remaining ready.

The right stuff?

If not, shame on you. You’re still tasked; it’s just a matter of time. What location are they packed for?



Staff Sgt. Jennifer Lindsey

Part of being deployment ready is ensuring the goods packed in your mobility bag are fresh, clean and usable.

The chance you won’t be going to the same location is very good. Make sure you have what you need at home for both a cold and warm location. This will save you lots of last minute shopping and headaches when the BExtra is sold out.

Check your bags!

As time went on, did you use that supply of shampoo in your bag? Is that wet towel you threw in there moldy? Do your uniforms have the wrong rank? Have replaced your old socks with new? Can you find your chemical gear equipment? Has your gas mask disbonded in the past three months? Is it dusty or moldy? Check it and replace what you need now.

Update medical records

Have you been to the hospital since January? Are you due for

another shot, like your anthrax series? Do you have an ergo test due? Could you be pregnant? Do you still have 90-plus days of your prescription medication? Lots can happen in three months, so go back to medical clinic and make updates if needed. Don’t wait for someone to tell you and don’t forget to tell your supervisor if you become ineligible to deploy.

PCS before December?

Some of you already extended your date of return from overseas to ensure you were able to deploy for 179 days and still be back 30 days before your permanent change of station date. The deadline for 179 days is 90 days past. If you PSC before December, we might have to do another extension or replace you. Let

your supervisors and unit deployment manager know and with guidance they’ll steer you in the right direction.

Legal concerns

Is your Will still updated? Is your power of attorney still good for 179 days from today. Is that person still here? Do you need to sign a new post office letter? Will your car need to be registered 179 days from today? Do you have a government credit card and is it activated? If you fly military air this wont be a problem, but depending on your deployed location, this is a must. Troops from Spangdahlem Air Base have spent more than \$500 flying on commercial airlines. Get your government credit card now to help you out later.

Rumor control

Only listen to the “right” people. The right people will get you the right information to you at the right time.

Reassurance

It’s hard on family and friends too. The kids are confused and the spouses are unsure. Inform your families of news only after you have confirmed it to be true. It’s time to stop saying “good-bye” and start saying, “I love you.” This works regardless of if you are leaving or not and causes less stress and confusion.

Keep on checkin’

Re-check these items in three months if you are still here!

Movies

All movies play at 7 p.m. unless indicated. More synopsis information is available at www.aafes.com/ems/default.asp.

Bitburg Castle

Today

Daredevil (PG-13)

The story of Matt Murdock, a son of a boxer who gets killed by petty criminals for refusing to lose a match. The event drives Murdock to fight crime, despite the fact he is blind. (Violence and sexuality.)

Saturday

Just Married (PG-13)

Two young newlyweds’ “perfect” honeymoon in Venice turns out to be the worst imaginable. (Sexual content, crude humor and drug references.)

Sunday

Daredevil

Closed Monday and Tuesday

Wednesday

National Security (PG-13)

Earl and Hank have only one thing in common — they’re both L.A.P.D. rejects. As security guards they uncover a sophisticated smuggling operation. The two unlikely partners just might save the day. (Violence, language and sensuality.)

Thursday

Daredevil

Spangdahlem Skyline

Today

A Guy Thing (PG-13)

Paul tells a teensy lie, which turns into a bigger lie. From his bachelor party to the wedding, soon his lies are spiraling out of control. It’s amazing how much can change because of one little thing. (Language, crude humor, sexual content and drug references.)

Old School (R)

Story of three guys in their early 30’s, Mitch, Frank, and Beanie, who try to relive their old college glory days by moving into a large house near their old campus. They inadvertently form an “unofficial fraternity” where students can enjoy all the riches of the partying lifestyle without the commitment. (Sexual content, nudity and language.)

Saturday

Kangaroo Jack (PG)

Two friends from Brooklyn are forced to deliver mob money to Australia. When one of them places his red jacket on a kangaroo and the kangaroo bounces off, they realize the mob money is in the jacket and are forced to give chase through the Outback. (Language, crude humor, sensuality and violence.)

Sunday

A Guy Thing

Monday

Old School

Tuesday

Kangaroo Jack

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 452-9441.

Keukenhof tulips centerpiece of Netherlands bulb district

Former kitchen garden bursts with regal springtime colors

By Ms. Iris Reiff
52nd Fighter Wing Public Affairs Office

When the Dutch bulb fields burst into a rainbow of colors in the spring, thousands of people flock to Keukenhof. This heart of the Holland bulb district was founded in 1949, when a group of prominent Dutch bulb-growers displayed a large variety of flowers in a landscaped setting.

The gardeners chose to feature flowering tulips, daffodils and narcissi, hyacinths and other small bulb varieties in a natural setting to show how bulbs can be used in private gardens.

The property’s name dates back to the Middle Ages when it was once a kitchen garden. The garden then produced herbs for the countess’ kitchen. “Keuken” is the Dutch word for “kitchen” and the word “hof” translates to “garden.”

Although interesting, it isn’t Keukenhof’s historic name that entices tourists, but rather nature at its finest. Annually, grounds keepers plant seven million bulbs creating living art amongst the garden’s trees and shrubs.

Brilliant swirls of color lure even the most reluctant walkers to wander aimlessly through the garden’s 70 acres. Visitors can also take a mapped 10-mile trek.

Left to nature, the flowers only bloom for about eight weeks annually, but Keukenhof gardeners cultivate bulbs in glasshouses year-round for the ground’s two-month tourist season.

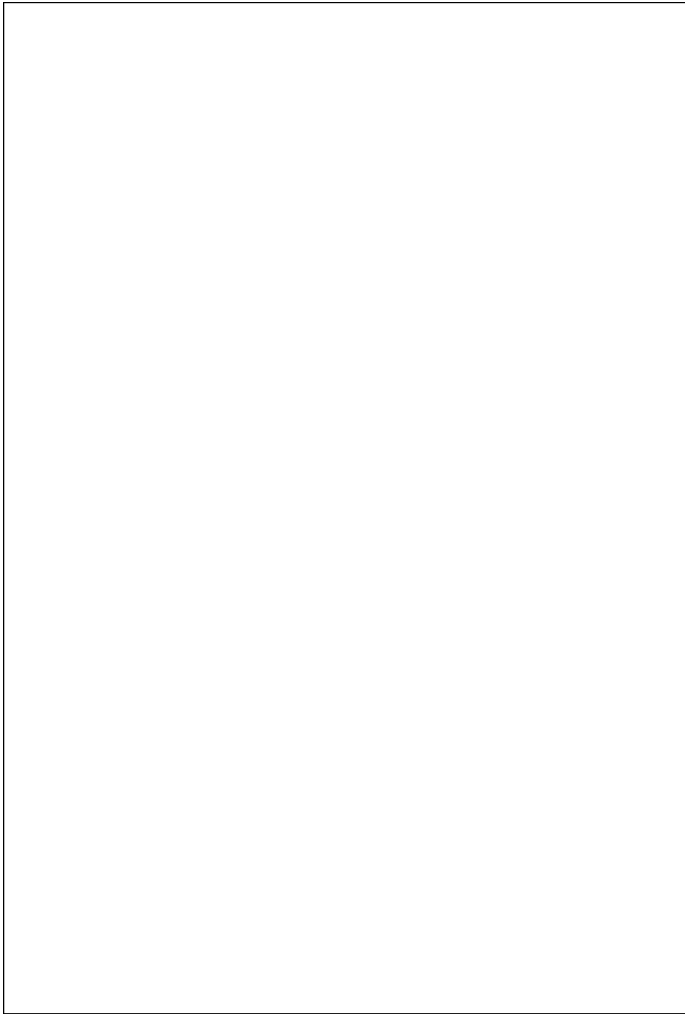
A 7,000 square-meter greenhouse is the stage of an indoor garden show, featuring a large collection of unique flowers.

Keukenhof also features seven theme gardens offering a variety of artistic values, including abstract design, scent, color, renaissance, style, border and rock-shadow-water.

Other special attractions and events at Keukenhof include a windmill, carillon and art exhibitions.

The popular authentic windmill originates from 1892 and was used to grind corn in the north Dutch province of Groningen. It offers an unobscured view of the garden and surrounding fields, which stretch over hundreds of acres.

Every 15 minutes, visitors can hear the 18-bell carillon clock play international tunes. It’s located near the Terras Smalle Bos. Also, a number of artists are invited annually to exhibit sculptures and other art objects throughout the park.



File photo

The Keukenhof gardens date back to 1401 when the grounds belonged to Countess Jacoba van Beieren. She and her entourage used the property for hunting, usually popular items at the annual market.

The gardens open daily now through May 18 from 8 a.m. to 7:30 p.m. Entry is 11.50 euro for adults and 5.50 euro for children ages 4-11. Children 3 and younger are free. For more information, including driving directions, visit the Keukenhof Web site at www.keukenhof.com or call 0031-252-465555.

Information, Tickets and Tours office offers a trip to see the Keukenhof flower parade April 26 Cost is \$70 for adults, \$65 for children. Another ITT tour of Keukenhof and Zaanse Schans village, takes place May 3. Cost is \$70 for adults, \$60 for children. Call 452-6567 to make reservations.

Out and About

(Editor’s note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place. For event tickets, call the Press-Center Trier at 0651-14599-30, the Trier Tourist Information Office at 0651-9780822 or the Trier Ticket Service at 0651-9941188, unless specified otherwise.)

■The 1st Bitburg Easter market takes place Saturday from 10 a.m. to 4 p.m. in the pedestrian zone. The event features more than 40 vendors selling Easter crafts, sweets and decorations.

■The band, New Pop & Classic Generation, performs Saturday at 8 p.m. in the Wittlich Kulturamt center. Purchase tickets in advance from the Wittlich Georg-Meistermann-Museum at 06571-14660, the Wittlich Musik Box at 06571-27883 or the ticket hotline at 0651-61071.

■Pe Werner performs pop music Sunday in the Bitburg Haus der Jugend. For details or tickets, call 06561-7809.

■Flea markets take place Sunday at the Kroev hall; on Trier-West Hornstrasse, near the Aldi market; at the Bernkastel-Kues Gestade and in the parking lot along the Mosel shore; in the center of Stadtkyll, and in the center of Daun, in front of the Idar-Oberstein Globus Handelshof market, located on B-41 and at the Koblenz Alte Vieh market hall.

■The Chinese National Circus performs Sunday in the Saarbruecken Congress hall. For details or tickets, call the Trierischer Volksfreund Presse Center.

Outdoor recreation and ITT trips: Due to world events, all Information, Tickets and Tours and 52nd Services Squadron Outdoor Recreation trips are subject to change or cancellation. Each trip is currently evaluated on a case-by-case basis.

ITT offers the following tours in April. People should register for trips at least two weeks in advance. Children’s prices are for ages 3-12, unless specified otherwise. Call 452-6567 for more information.

■Belgian grottos and safari park, April

19. Cost is \$46 for adults, \$41 for children.

■Pay less Paris trip, April 19. Cost is \$40 per person.

■Holland overnight, April 19-20. Cost is \$169 for adults, \$129 for children.

■London express, April 25-26. Cost is \$99 for adults, \$94 for children.

■Cochem medieval dinner, April 26. Cost is \$69 per person.

■Cologne zoo and aquarium, April 27. Cost is \$39 for adults, \$34 for children.

ODR offers the following tours in April. The minimum age is 12, unless listed otherwise. People should register for trips at least two weeks in advance. Call 452-6567 or visit the ODR center in Spangdahlem AB building 146, near the Mosel Hall dining facility.

■Underground mountain biking, April 26. Cost is \$35.

■Kyll River kayak and fun-yak, April 27. Cost is \$30.

Black Knights capture championship gold

Youth wrestling team grapples first place in European tourney

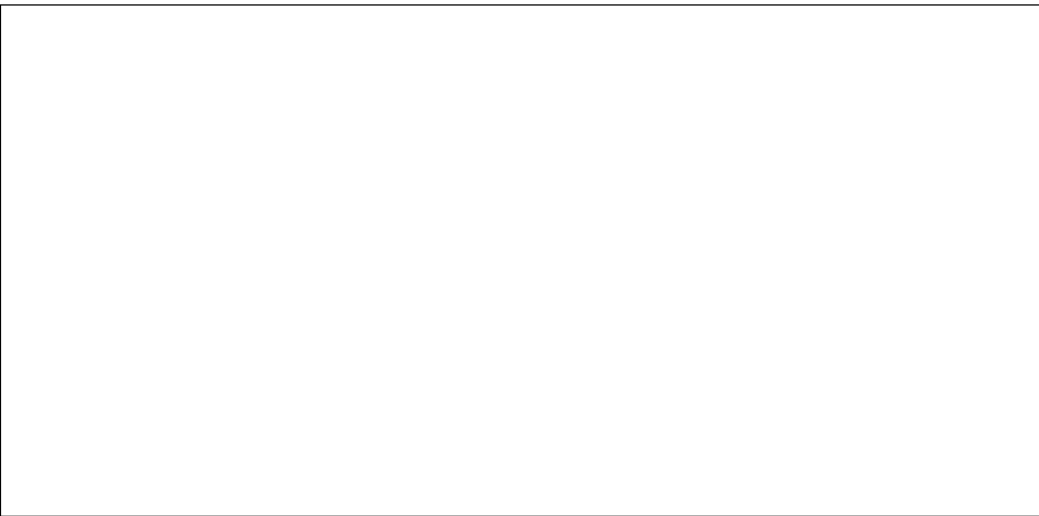
By Coach Ethan Lake
Black Knights youth wrestling coach

The Eifel wrestling season ended with a big finale Saturday as the community played host to more than 100 of the military community's top youth wrestlers at the 2003 Youth European Wrestling Championships in the base fitness centers.

The young grapplers of the Eifel followed in the footsteps of their older brethren, the Bitburg Baron high school team, as they too went on to capture the team gold as the European team champions.

With six age categories and numerous weight classes, the Eifel Black Nights walked away with 11 gold and seven silver medallists out of a possible 24 brackets giving the team a whopping 369 points. Heidelberg came in a distant second with 267, followed by Stuttgart with 212, Darmstadt 155, Landstuhl 148, and Schweinfurt 49.

The Eifel champions included Noah Butler at 50 pounds in 5- to 6-year-old age group and Joshua Butler, 55 pounds, in the 7- to 8-year age group. In the 9- to 10-year-old age group, Eric Whittington, 70, and Joshua Truini, 85, brought home the gold. In the 11- to 12-year-old age group, Aaron Weeg, 55, and Bryan Gastelum,



Jay Gardner

Jordan Weeg, 60 pounds, looks to his coaches for guidance after throwing his Landstuhl opponent in a half-nelson, and eventually pinning him. In honor of the troops deployed in support of Operation Iraqi Freedom, the Eifel Youth Programs Black Knights wrote the call-signs of deployed 52nd Fighter Wing pilots on their arms. Emblazoned on Jordan's arm in black ink are the words "22 EFS Boomer."

125, finished on top. In the 13- to 14-year-old category, Scotty McQuiston, 95; Gary Vogt, 112; Nick Brunal, 130; Kyler Watson, 140, and John Strawther, 189, were all crowned 2003 European champions.

European runner-ups included Jordan Weeg, 60; Zachary Castillo, 80; Josh Sheehan, 103; Justin Deyak, 125; Chris Sullivan, 119; Danny Blauser, 130, and Andrew Smith, 140.

Other top place winners included Zack Howard, 45; Micheal Sheehan, 45; Josiah Byers, 45; James Umholtz, 60; Chase Edwards, 70; Thomas Medford, 75; Alex Gonzales, 75;

Patrick McDevitt, 103, and Nick Smith, 130.

BHS Barons wrestling team volunteer coaches expressed how impressed they were with the youths' championship performances.

"It was amazing to see these young kids perform as they did," said John Coker and Kyle McQuiston. "If you weren't there, you missed a great show."

"These kids worked hard all season, and in some cases, worked even harder with the high school during their season. The hard work definitely paid off," added Jonas Jensen and Joe Mueller.

Both David Vilanova and Ryan Warner agreed that the experience they gained coaching the Black Knights youth helped them as much as it did the young wrestlers.

Bitburg High School's All-European champion in the 125-pound weight class, Devon Gardner, felt especially humbled by the young children's performance.

"It was amazing to see these kids transform into champion wrestlers," he said.

All the parents agreed that the success of their kids had a lot to do with the high school wrestlers who volunteered to coach them. They were not only coaches, but mentors and big brothers to them. They helped build their knowledge as well as their confidence.

The results of the coaching were evident in the tournament as the Eifel Black Knights scooped up additional recognition. Team head coaches voted on their pick of the "Most Outstanding Wrestler" award for the tournament in each of the age categories. Black Knights Butler, Whittington and McQuiston won three of the six honors. Gonzalez won the distinguished sportsmanship award.

The coaches agree event success is due to great community support. The 52nd Services Squadron Youth Programs staff put in a lot of time to get this tournament to happen as well as wing leadership. Other agencies such as services, fitness center staff, the First Term Airmen Center, Bitburg High School and countless volunteers showed the communities resolve to keep the well-being of the youth a top priority.

BHS track season opens with record in discus, shot put

By Geary Schwartz
Barons track coaching staff

The 2003 spring sports season got off to a running start Saturday when the Bitburg High School Barons track team arrived at Wiesbaden, Germany, for a ten-team track meet at the base high school. Due to world events, other host sites were consolidated to compete at Wiesbaden, creating a huge meet, which included more than 225 athletes from American high schools throughout Germany.

Transfer student Chris Eubanks, who arrived from Texas last autumn, claimed second and third place in the discus and shot put events respectively. His distance beat the qualifying standards for the European track championships that take place in May. Eubanks secured all 14 Barons team points, which placed the Barons ninth in team scoring.

Lance Hoffman, competing in his first ever track competition, also had an excellent day. The sophomore competed in the sprint where he placed ninth in the 400-meter race, 17th in the 200, and 24th in the 100. Hoffman also garnered an eighth place in the long jump.

A recurring leg injury limited Helmut Woodberry to the 100-meter race. Despite this setback, he still managed to take 21st place in the event.

Sade Graves and freshman Jazmine Winn earned all 10 team points, as the Baronettes also managed ninth place in team scoring. Graves placed third in the triple jump, and went on to take sixth place in the long jump. Both final distances fell just short of the European qualifying standards for the events. The veteran runner also competed in the 100-meter race, placing seventh. Winn, a tri-sport athlete, placed fifth in the 300-meter low hurdles, sixth in the 100-meter high hurdles and 21st in the 100-meter race.

Sports Shorts

Indoor soccer matches

Intramural indoor soccer games take place each Monday and Thursday from 5:30-8:30 p.m. now through April 24 in the Spangdahlem AB fitness center.

Indoor volleyball matches

Intramural indoor volleyball matches take place each Tuesday and Wednesday from 6-9 p.m. now through May 20 in the Spangdahlem AB fitness center.

Men's softall tourney

The Spangdahlem AB Ice Breaker Men's Softball Tournament takes place April 25-27. Intramural and mixed-unit teams are welcome to enter. Play is 12-team double elimination. Entry deadline is April 21. Cost is \$125 per team. Call Tech. Sgts. Brian Doyle at 452-6845 or Clifford Gonzalez at 452-7272 for details.

Aerobic certification

The 86th Services Squadron Fitness Center, Ramstein AB, offers the Aerobic and Fitness Association of America basic group certification course May 10 from 9 a.m. to 6 p.m. Cost is \$255, plus \$44 for books. Payment is due upon registration deadline, May 2. Class is limited to the first 50 registrants. Call Mr. Steve Smithers at DSN 480-7623 or 06371-477623 for details.

Youth sports news

The Spangdahlem AB youth sports program office is located in building 427. The Bitburg Annex youth sports program office is located in the fitness center. Call 452-7545 for more information.

■Youth sports program officials seek volunteers to help prepare the Spangdahlem AB youth center fields Saturday at 10 a.m. Activities include mowing, raking, spreading dirt, painting dugouts and more.

■Youth baseball and softball meetings take place Saturday in the building 427 at the following times: T-ball, 9 a.m.; Little

League baseball, 10 a.m.; Big League baseball, 11 a.m.; softball, noon.

■Parents with youth ages 2-18 interested in participating in summer gymnastics can call youth programs at 452-7545.

Ice hockey

The Spangdahlem AB ice hockey team seeks more players. Call Master Sgt. Jeff Barr at 452-6787 for more information.

Officials needed

Intramural sports program managers seek volunteer officials for the spring sports season. Call Mr. Bruce Cannady at 452-6496 for details.

Fitness center news

The following activities take place at the Spangdahlem AB fitness center. Call 452-6496 or 452-6634 for details or to register.

■The basketball court closes Monday through Thursday from 3:30-5:30 p.m. for intramural volleyball practice. The courts are open all day Friday and Saturday from noon to 3 p.m. for free court time.

■Belaying classes to use the fitness center climbing wall take place each Tuesday from 5-8 p.m. and each Thursday from noon to 3 p.m. at outdoor recreation, in building 146. Classes are limited in size and cost \$10 for adults. Classes are free for youth up to age 18. Call 452-7170 to register.

■Aerobic classes take place the following days and times: Interval training -- Monday at 6 a.m.

Legs, arms and butt -- Monday at 9 a.m., Tuesday and Friday at 6 a.m. and Wednesday at 5:30 p.m.

Step -- Monday at 11:30 a.m. and Wednesday at 9 a.m.

Pump -- Monday at 5:30 p.m. and Wednesday at 11:30 a.m.

Kickboxing -- Tuesday at 5:30 p.m.

Circuit -- Friday at 5:30 p.m.

■Spinning classes take place in the Spangdahlem AB fitness center. Hours are Monday and Friday at 6 a.m., 11:30 a.m.